



Get moving this World Move For Health Day!

Today marks World Move For Health Day! Take part in this day by simply getting up and moving your body. Of course, you can then rehydrate with a cup of Rooibos, seeing as it is the ideal healthy drink. Find out more below.

Cellulite affects nearly 90% of women! In this newsletter, we find out more about how Rooibos tea can help you to smooth out those lumps and bumps. Read more below.

Learn how to brew the perfect cup of Rooibos tea in the article below, as an ideal treat for your mother this Mother's Day.

We also look at why you should not use a microwave to brew your tea in the story below.

GET MOVING THIS WORLD MOVE FOR HEALTH DAY



The Move for Health day forms part of the development of global and national strategies on diet, physical activity and health. To participate in the day, simply get up and start moving! Whether that be going for a quick walk, doing a few stretches at home, or attempting a full-blown workout at the gym.

Rooibos is an excellent healthy drink to enjoy while you take part in this year's World Move For Health Day! Not only is the drink ultra-hydrating - it is also packed with antioxidants that can help you in your effort to live a more balanced and sustainable lifestyle.

Click [here](#) to read more.

BEAT CELLULITE WITH ROOIBOS PRODUCTS

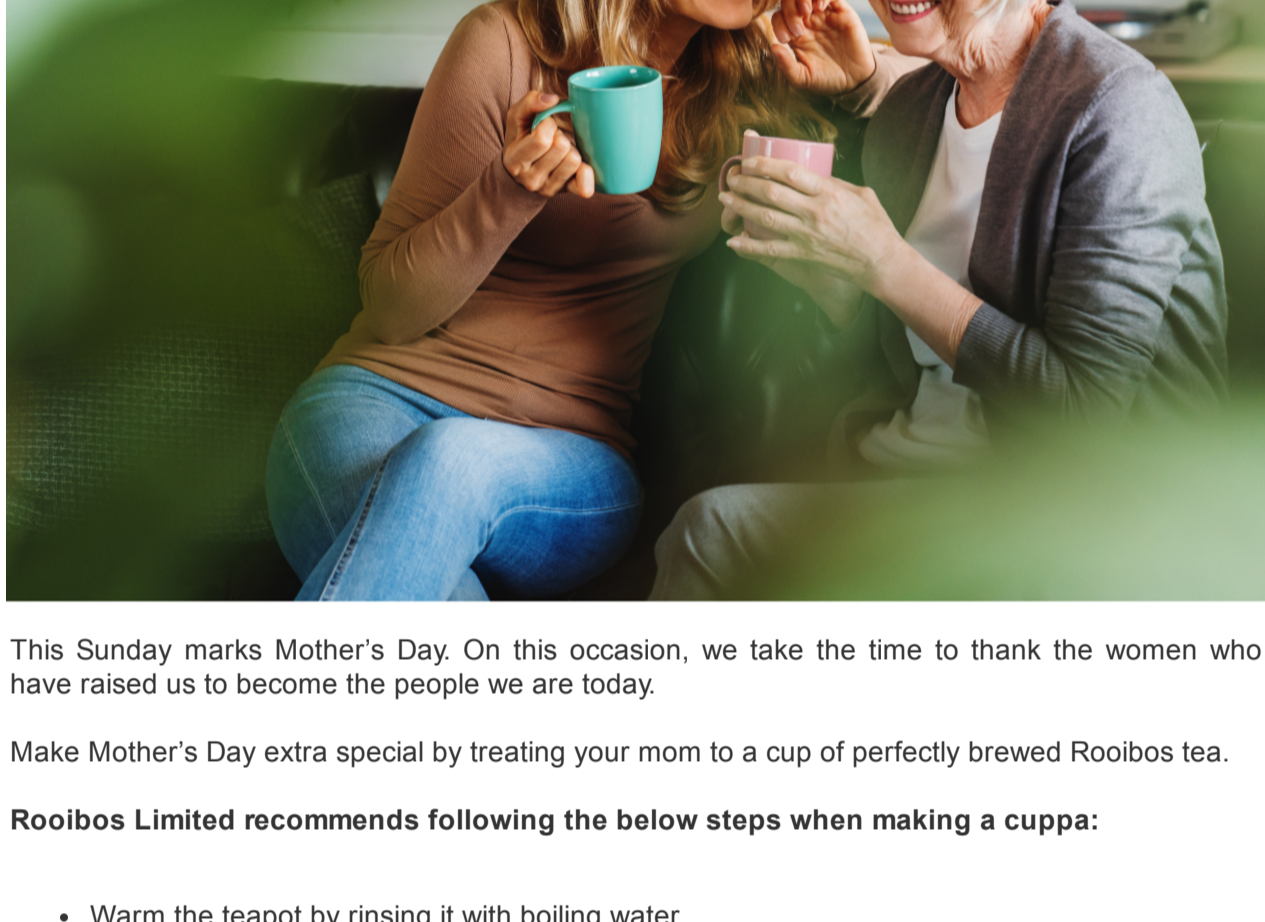


Are you trying to minimise the appearance of cellulite? Cellulite appears as a result of "the herniation of the normal fat that exists under the skin". It is estimated that it affects 90% of women, in varying degrees, and men can also suffer from it (although to a lesser extent).

The Argan Tissue Oil + Rooibos and Coffee Scrub Anti-Stretchmarks and Cellulite Kit reduces the appearance of stretchmarks and cellulite, fades scars and dark marks, removes dead skin cells for a polished and glowing skin, increases skin elasticity and natural collagen and deeply moisturises skin.

Click [here](#) to read more.

CELEBRATE YOUR MOM THIS MOTHER'S DAY WITH PROPERLY BREWED ROOIBOS TEA



This Sunday marks Mother's Day. On this occasion, we take the time to thank the women who have raised us to become the people we are today.

Make Mother's Day extra special by treating your mom to a cup of perfectly brewed Rooibos tea.

Rooibos Limited recommends following the below steps when making a cuppa:

- Warm the teapot by rinsing it with boiling water.
- Place one bag of Rooibos or one heaped teaspoon of Rooibos per cup in the teapot.
- Pour boiling water into the pot and keep it warm. (You can also slowly brew it in a pot on the stove if you want a full-flavour tea.)
- Allow to infuse for 2 – 3 minutes.
- Add milk and sugar or honey to taste. Try a refreshing cup of Rooibos with honey and lemon.
- Enjoy!

Here are some extra tips:

- If Rooibos is steeped for 5 – 10 minutes, its antioxidant activity increases significantly.
- Use boiling water with a neutral pH. Never use over-boiled water, as the oxygen in the water will be depleted. Proper infusion of the Rooibos won't be possible.

Click [here](#) to read more.

DON'T MICROWAVE YOUR TEA, WARNS YAHOO LIFESTYLE



Yahoo Lifestyle has recently published an article in which it urges consumers to avoid microwaving their tea to brew it. In a witty fashion, the article warns against a real phenomenon called superheated water. This is when liquid reaches the boiling point inside the microwave without forming bubbles to indicate it, but once you agitate the water (move the mug or drop in a tea bag), it can bubble up out of the cup.

Further to this, the article also mentioned that brewing tea in the microwave can cause it to lose a lot of delicious flavours.

The article recommended that all tea, including Rooibos, be brewed properly using boiling water from a kettle.

Click [here](#) to read more.

RECIPE: SPICY BEEF AND VEGGIE STEW- A HEARTY DISH



No one can say no to a hearty winter stew. The combination of meat, vegetables and spices makes this one-pot supper comforting yet healthy, perfect for a cold evening.

Ingredients:

- Two tablespoons of olive or avocado oil
- 750g of beef stewing meat, off the bone, cubed and excess fat removed
- Two medium onions, finely chopped
- Two cloves of garlic, crushed
- Three to four teaspoons of mild curry powder
- One tablespoon each of dried mixed herbs, turmeric and ground coriander
- Four teaspoons of ground cumin
- Half a tablespoon of ground ginger
- Five medium carrots, peeled and cut in thick diagonal slices
- Two to three medium sweet potatoes with the skin, cut into cubes
- Two cups of strong Rooibos tea
- Two cups of water
- One x 410g tin of chickpeas, drained but keep the liquid
- 400g of cauliflower, cut into florets
- Half a teaspoon of salt
- Lemon juice and black pepper to taste
- A handful fresh coriander leaves
- Plain unsweetened yoghurt for serving

Method:

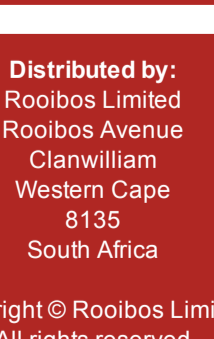
1. Heat half of the oil in a large saucepan or pot over a medium heat and brown half of the meat. Spoon out, set aside and repeat with the rest of the meat and oil.
2. In the same pan, sauté the onions until soft. Add the garlic and spices and sauté for another one to two minutes.
3. Add carrots, meat and half of the sweet potatoes to the onions and mix well. Stir in the Rooibos tea, water and liquid from the chickpea tin.
4. Reduce the heat and simmer with the lid on for one hour.
5. Add the rest of the sweet potato and simmer for another 45 to 50 minutes or until meat is tender
6. Add cauliflower and chickpeas and simmer for 10 to 15 minutes or until the cauliflower is just cooked.
7. Add the salt and season to taste with lemon juice and pepper.
8. Serve with fresh coriander leaves and a dollop of plain unsweetened yoghurt.

Click [here](#) to read more.

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Find out more about Rooibos and the company that introduced this exceptional product to the world, becoming the preferred supplier of Rooibos across the globe. To stay up to date with the latest news from Rooibos Limited, follow us on social media.

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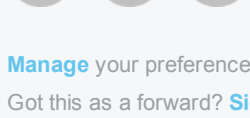


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